



## **BULLETIN:**

### **Child and Adult Care Food Program**

**Child & Adult Care Centers,  
Emergency Shelters, OSHC, &  
Sponsors of Family Day Care Homes**  
[www.education.alaska.gov/tls/cnp](http://www.education.alaska.gov/tls/cnp)

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**To:** CACFP Agencies  
CACFP Program Reviewers

**Date:** October 16, 2015

**Bulletin:** 2016-01

**From:** Ann-Marie Martin  
CACFP Coordinator

Program changes as a result of USDA Policy Memos and Technical Assistance Memos are to be implemented immediately. Please file this bulletin for reference, guidance and compliance with the Child and Adult Care Food Program. Feel free to call the Child Nutrition Programs office if you need further clarification.

#### **Bulletin Topics**

1. Local Lunch Day – October 24<sup>th</sup>
2. Food Safety in Child Nutrition Programs
3. Launching a Federal Training & Technical Assistance System
4. Let's Move! Child Care provider quiz drawing
5. Fruit/vegetable themed list of books from [www.growing-minds.org](http://www.growing-minds.org)
6. Recipe book from the Center for Ecoliteracy
7. Staff changes in CACFP
8. Article: Evaluation of Nutrition and Physical Activity Policies and Practices in Child Care Centers within Rural Communities
9. Chop Chop Magazine - Trick or Treats

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#### **1. Local Lunch Day – October 23<sup>rd</sup> and National Food Day is October 24<sup>th</sup>**

- Celebrate Local Lunch Day on Friday, October 23<sup>rd</sup> (National Food Day is on Saturday, October 24<sup>th</sup>)
- Schools, RCCI, and child care sponsors can participate in the Local Lunch Day by offering an Alaskan grown, harvesting or produced food in their lunch on October 23<sup>rd</sup>.
- The first 40 sponsors to submit their Local Lunch Day lunch menu and activity, through a Survey Monkey will automatically receive a digital thermometer or an Alaska Grown apron. All sponsors who complete the Survey Monkey will be entered for a chance to win the grand prize.
- The Local Lunch Day is a way for all child nutrition programs to join the nationwide celebration toward more healthy, affordable, and sustainable food.
- If you would like information on the national Food Day event please go to the website:  
[www.foodday.org](http://www.foodday.org)

If you have any questions regarding Local Lunch Day or National Food Day, please contact Sue Lampert at 907-465-8710 or [susan.lampert@alaska.gov](mailto:susan.lampert@alaska.gov).

## **2. Food Safety in Child Nutrition Programs**

Food safety is an issue that touches all FNS programs. As National Food Safety Month draws to a close, we'd like to highlight the many free materials available for information and training. Links to food safety resources can be found on the FNS website (<http://www.fns.usda.gov/food-safety/food-safety-resources>) in the following areas of interest:

**Food Safety for Child Nutrition Professionals**

**Food Safety Resources for Child Care**

**School Associated Foodborne Outbreak Data**

**Produce Safety**

**Food Allergies**

**Norovirus Prevention and Control**

**Food Defense**

**Disaster Assistance**

**Other Food Safety Resources**

**Food Safety Related Policy Memos from FNS**

The wide array of free and downloadable materials include the following:

Food Safety Posters – Posters available in English and Spanish from the Center of Excellence for Food Safety Research in Child Nutrition Programs.

The Stomach Bug Book – A booklet available in English and Spanish created by NEA Healthy Futures and USDA to inform and educate school personnel on norovirus and provide helpful resources for the school community.

Food-Safe Schools Action Guide – A USDA guide for school nutrition staff working to create a culture of food safety.

The Institute of Child Nutrition (ICN) also offers numerous food safety materials and trainings through the ICN Resource Center at <http://www.theicn.org/Templates/TemplateDivision.aspx?qs=cEIEPTI=>

## **3. Launching a Federal Training and Technical Assistance System**

Mark Greenbert, Acting Assistant Secretary of the Administration for Children and Families has written a letter announcing a new cross-sector Early Childhood Training and Technical Assistance System. Please read his letter to learn more about this exciting this new program. You can find the letter on the State of Alaska Child Nutrition Programs, CACFP Bulletins page: <http://education.alaska.gov/tls/cnp/CACFP4.html>.

## **4. Let's Move! Child Care provider quiz drawing**

Congratulations to Melissa Howlett with KidZone Early Learning Academy in Wasilla! She won a CATCH Early Childhood physical activity kit and a copy of Dr. Diane Craft's "Active Play" book (a \$175 value). During the fall CACFP training, Diane Peck with the Alaska Obesity Prevention and Control

Program offered the drawing for the give-away to attendees who completed the Let's Move! Child Care provider quiz.



If you'd like to become a recognized LMCC provider, register and complete the simple quiz at <https://healthykidshealthyfuture.org/join-us/>.

Dr. Diane Craft will be speaking at the Anchorage AEYC Annual Conference, January 28-30, 2016. Join us to learn lots of great ideas for fun physical activities for young children.

#### 5. **Fruit/vegetable themed list of books from [www.growing-minds.org](http://www.growing-minds.org)**

Are you looking for good books related to gardening? Print off the list that includes a synopsis of each book from the CACFP website: <http://education.alaska.gov/tls/cnp/CACFP4.html>.

### BLUEBERRIES FOR SAL

By [McCloskey, Robert](#)

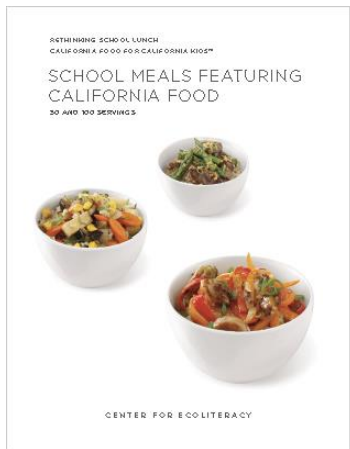


This perennial favorite tells the story of Sal and her mother, who go to pick blueberries and encounter a mother bear and her cub. Both pairs plan to store up food for the winter and are surprised to encounter the other.

Tagged as: [Bears](#), [Blueberries](#), [Fiction](#), [This Week in the Garden](#)

#### 6. **Recipe book from The Center for Ecoliteracy**

The Center for Ecoliteracy has a recipe book that incorporates local foods and is analyzed for the school lunch program. The website for the organization: <http://www.ecoliteracy.org/>  
Here's a recipe book they've developed with recipe analysis, 50 & 100 servings and critical control points (ccps), it's called "School Meals Featuring California Food," but certainly programs can incorporate Alaskan foods whether locally grown or purchased, etc.:  
[http://www.ecoliteracy.org/sites/default/files/uploads/shared\\_files/CEL\\_School\\_Meals\\_Featuring%20CA\\_Food.pdf](http://www.ecoliteracy.org/sites/default/files/uploads/shared_files/CEL_School_Meals_Featuring%20CA_Food.pdf)



## 7. Staff Changes at State Child and Adult Care Food Program

We're sad to say goodbye to Alexis Hall, the SFSP and CACFP Program Assistant as she moves down to Southern California to spend time with her father. Her last day with us is November 6<sup>th</sup>. We will notify agencies when we have a replacement. In the meantime please address your correspondence to either Ann-Marie Martin or Alicia Stephens.

## 8. Article: Evaluation of Nutrition and Physical Activity Policies and Practices in Child Care Centers within Rural Communities

Currently, it is estimated that 22.8% of children ages 2-5 years are overweight or obese, with higher rates among low-income families. This article looks at young children's eating and physical activity environment as provided by child care settings. The researchers examined the potentially unique needs of rural communities and provided an interesting discussion and conclusion to their findings.

Please find the full article at the State of Alaska Child Nutrition Programs, CACFP Bulletins page: <http://education.alaska.gov/tls/cnp/CACFP4.html>.

## 9. ChopChop Magazine – Kitchen Tricks and Treats

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<http://www.chopchopmag.org/recipes>

The fall issue is full of great tricks and treats—good ones, don't worry—that come right out of your kitchen. From tricky vegetables that aren't exactly what they seem, to a pear-y delicious treat, they have recipes that celebrate the flavors of fall.

### Trick: Mashed Cauliflower

Love mashed potatoes? Then you'll love mashed cauliflower. It looks so similar that at first you might do a double-take! But it's a super healthy side dish packed with Vitamin C. See if you can trick anyone in your family—or let them in on the secret and make it together



## MASHED CAULIFLOWER

Love mashed potatoes? Then you'll love mashed cauliflower. It looks so similar that at first you might do a double take! But cauliflower actually has more nutrients than potatoes. (That can be our little secret.) This makes a great base for our Summer-Squash Sauté, or a super side for the Herby Roast Chicken.

■ HANDS-ON TIME: 15 MINUTES ■ TOTAL TIME: 50 MINUTES ■ MAKES: 4 SERVINGS

### KITCHEN GEAR:

Cutting board  
Small, sharp knife (adult needed)  
Medium-sized heavy-bottomed pot with lid  
Wooden spoon or heatproof spatula  
Measuring cup  
Measuring spoons  
Colander  
Potato masher (or handheld blender or food processor)  
Pot holder



### INGREDIENTS

- 1 large head cauliflower, leaves removed and discarded
- 1 cup water
- 2 tablespoons olive oil
- 3 tablespoons plain yogurt
- 1 tablespoon unsalted butter (optional)
- 1/4 teaspoon salt
- Black pepper (to taste)

### INSTRUCTIONS

1. Use your hands and the small, sharp knife to separate the cauliflower into florets and chop the stem fine. ("Florets" are the branched clusters at the top of the cauliflower.) Throw away the tough inner core.
2. Put the pot on the stove, add the cauliflower and water, and bring to a boil over high heat. (You'll know the water is boiling when you see bubbles breaking all over its surface.) Cover and turn the heat down to low.
3. Cook the cauliflower until very tender, 15 to 35 minutes depending on the size of the cauliflower florets. If there is liquid left in the pot, drain the cauliflower in the colander and return it to the pot.
4. Mash, using a potato masher, or blend with a handheld blender or food processor.
5. Add the olive oil, yogurt and, if using, butter, salt, and pepper and mash until smooth. Serve right away, or cover and refrigerate up to 2 days.

<http://www.chopchopmag.org/recipe/mashed-cauliflower>

### Treat: Pear Mash Recipe

Like applesauce, but made from pears instead, our Pear Mash is a sweet treat that celebrates a different fall fruit. And it's super easy to make since it only has two ingredients! Eat it plain, add it to some yogurt, or freeze and throw it in your child's lunch box for a delicious, fruity snack. [Click here](#) to get started.





## PEAR MASH

Pears make for a delicious change of pace from the more usual apple in this easy, fragrant fruit sauce. Eat it as is, swirl in a dollop of yogurt, or freeze the sauce in small plastic containers for a lunch-box dessert that doubles as an ice pack.

HANDS-ON TIME: 15 MINUTES TOTAL TIME: 45 MINUTES MAKES: 4 SERVINGS

### KITCHEN GEAR:

Sharpknife (adult needed)  
Cutting board  
Measuring spoons  
Measuring cup  
Blender (adult needed)

### INGREDIENTS

4 large, very ripe pears, peeled, cored, and diced  
1 tablespoon maple syrup



## INSTRUCTIONS

1. Put the pears in the pot and put the pot on the stove. Turn the heat to medium-low.
2. Stir in the maple syrup. Cover the pot (if your pears aren't super juicy, add 1/4 cup of water).
3. When the pears are simmering, turn the heat down to low and cook, stirring occasionally to prevent sticking, for 20 minutes, or until they are very soft and falling apart.
4. Cool the pears for 10 minutes, then mash them with a potato masher (or puree them with the food mill or food processor).
5. Cool to room temperature, then serve right away or refrigerate, covered, up to 5 days.

## NOTES

### Fancy that!

Mild pear sauce makes a perfect backdrop for other flavors. After you puree the sauce, try adding any of the following:

- 1/2 teaspoon vanilla
- 1 teaspoon of chopped fresh ginger
- 1/4 teaspoon ground cinnamon or cloves
- 1/2 cup fresh or frozen raspberries or strawberries (add these at the beginning of cooking)

## Contact Information

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## Commonly Used Acronyms

CACFP – Child and Adult Care Food Program  
CNP – Child Nutrition Programs  
FNS – Food & Nutrition Services  
FNSRO-Food & Nut Services Reg. Office  
USDA – U.S. Department of Agriculture  
LEA – Local Education Authority  
DEC – Department of Conservation

All attachments for this bulletin can be found on the State of Alaska Child Nutrition Programs, CACFP Bulletins page: <http://education.alaska.gov/tls/cnp/CACFP4.html>.

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Individuals who are deaf, hard of hearing, or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800)845-6136 (Spanish).

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